



National Nutrient Database for Standard Reference  
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Statistics Report 01219, Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D

Report Date: July 11, 2017 14:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	74.10	20	0.514	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Energy	kcal	105	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	440	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	4.86	20	0.052	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Total lipid (fat)	g	1.41	17	0.106	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Ash	g	1.03	12	0.034	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Carbohydrate, by difference	g	18.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Sugars, total	g	2.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
<strong>Minerals</strong>													
Calcium, Ca	mg	152	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

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Iron, Fe	mg	0.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Magnesium, Mg	mg	16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Phosphorus, P	mg	133	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Potassium, K	mg	194	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Sodium, Na	mg	58	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Zinc, Zn	mg	0.82	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Copper, Cu	mg	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Manganese, Mn	mg	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Selenium, Se	µg	3.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Thiamin	mg	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Riboflavin	mg	0.180	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

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Niacin	mg	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Pantothenic acid	mg	0.544	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Vitamin B-6	mg	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Folate, total	µg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, food	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Choline, total	mg	15.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	0.52	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin A, RAE	µg	131	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	131	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	443	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin E (alpha-tocopherol)	mg	0.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin D (D2 + D3)	µg	1.3	45	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Vitamin D3 (cholecalciferol)	µg	1.3	45	0.016	0.9	2	26.0	1.282	1.345	2	Analytical or derived from analytical	--	05/2009
Vitamin D	IU	52	45	0.622	35	80	26.0	51.219	53.78	2	Analytical or derived from analytical	--	05/2009
Vitamin K (phylloquinone)	µg	1.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
<b>Lipids</b>													
Fatty acids, total saturated	g	0.909	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
4:0	g	0.042	3	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
6:0	g	0.029	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
8:0	g	0.018	3	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.040	3	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
12:0	g	0.048	3	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
14:0	g	0.149	3	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
16:0	g	0.384	3	0.029	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:0	g	0.137	3	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Fatty acids, total monounsaturated	g	0.387	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
16:1 undifferentiated	g	0.031	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:1 undifferentiated	g	0.322	3	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Fatty acids, total polyunsaturated	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.028	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:3 undifferentiated	g	0.012	3	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Cholesterol	mg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
<b>Amino Acids</b>													
Tryptophan	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Threonine	g	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Isoleucine	g	0.265	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Leucine	g	0.490	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

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Lysine	g	0.436	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Methionine	g	0.143	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Cystine	g	0.044	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
Phenylalanine	g	0.265	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Tyrosine	g	0.245	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Valine	g	0.402	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Arginine	g	0.146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Histidine	g	0.120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Alanine	g	0.208	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Aspartic acid	g	0.385	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	0.951	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Glycine	g	0.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Proline	g	0.576	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Serine	g	0.301	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009